PERMIT NO. 1541
Okla City, OK

Volume 2, Issue 2

www.themuscogeecreeknation.com

February 2009

Rebecca Landsberry

Letter from the Editor:

Hensci readers. I'm glad to see that we are finally thawing out from January's ice-covered shenanigan here in Okla. Unfortunately, the famous little groundhog in Punxsutawney saw his shadow, predicting another six weeks of winter. I officially envy those of you reading in sunny California and Florida right now.

Everyone knows Feb., is supposed to be the month of love, but for those of us without a sweetheart, it is American Heart month as well. Some of the lesser-known days we celebrate this month include national Plum Pudding Day on the 12th and Hoodie Hoo Day on the 20th where everyone yells "Hoodie-Hoo" at noon to chase away winter and make way for spring.

So whether you're spelling "I Love You," or "Love Stinks," via conversational hearts, don't forget to keep your real heart healthy, too. There's even a free "Love your heart" event sponsored by the OIHC on Feb. 18 (for more info, turn to page 5).

There won't be an Extra Edition in March because the staff will be attending training in Boston, Mass., for a week. We will, however, resume our normal schedule again in April and of course the regular MNN will still keep the same printing schedule. As always, *mvto* for taking the time to let us know what's going on in your neck of the woods this month!

If you have news, events or story ideas, please contact the Communications Department by phone at (918) 732-7720 or e-mail me at RLandsberry@muscogeenation-nsn.gov.

IN THIS MONTH'S ISSUE

•JOM hosts annual job fair



Local youth learn about employment opportunities for the future

COMMUNITY - 4

MFSI returning to Native roots



Mvskoke Food Sovereignty Initiative's "Return to Your Roots" Conference

PROGRAMS - 5

OKMULGEE CREEK INDIAN COMMUNITY

MEANS BUSINESS

by Angel Ellis MNN Senior Writer

OKMULGEE — The Okmulgee Indian Community celebrated the grand opening of the new smoke and gift shop on Wed., Feb. 11, 2009. Tribal officials, community representatives and Muscogee (Creek) National Council members crowded the new building located south of Okmulgee on the corner of Highway 75 and 36th St., for a ribbon cutting ceremony and open house.

The new store boasts a drive-thru window where customers can get tobacco products without walking inside and a gift shop which will feature handmade, Native arts and crafts. A tourism kiosk will also be available for travelers and wanting to learn more about the tribe and its capital city of Okmulgee. The new smoke shop is a continuing economic development project for the Okmulgee Indian Community which has more than 170 members.

Leading the Okmulgee Indian Community Board is Chair Ester Gee, Vice-Chair Pearl Thomas, Treasurer Robyn Culley, Secretary Pat Williams and Sergeant-at-Arms Reuben Factor.

According to Chairwoman Gee, the opening could not have been possible without the help of her family and support from the Nation who turned the dilapidated site into the beautiful, new structure that now lures both tourists and citizens into the historic town of Okmulgee.



MNN/Angel Ellis

Pictured from left to right are former National Council Rep. Jeff Fife, Pearl Thomas, Michelle Billie, Ester Gee, Principal Chief A.D. Ellis and former National Council Rep. Robert Jones at the ribbon-cutting ceremony for the new smoke shop.

This new location is ideally positioned on Highway 75 and is a great convenience for travelers either coming into Okmulgee or exiting. The new facility offers more than just ample space, it's design is also aesthetically pleasing. Vaulted ceilings and an exterior wood finish create a warm and inviting feel for all patrons.

In addition to tobacco, the location will

also have snacks and beverages as part of the merchandise. During the ceremony, customers continued to spill into the building, a sure sign of instant success for the smoke shop and the Okmulgee Creek Indian Community. For more information on the shop or the Okmulgee Indian Community, contact Ester Gee at (918) 759 - 8553.

Miss Muscogee Scholarship Pageant applications available

by Angel Ellis
MNN Senior Writer

OKMULGEE — JOM is taking applications for the 2009 Muscogee (Creek) Nation Scholarship Pageant. The applications are available on the Muscogee (Creek) Nation official Web site at www.themuscogeecreeknation. com, or at the Human Development building.

Creek ladies are presented with a unique opportunity to represent their Nation. Eligible applicants may take pride in knowing they were hand-picked to represent the tribe as a "goodwill ambassador," while competing for scholarships.

Applicants must be at least one-fourth Creek and willing to appear at events throughout the year. Depending on the age group, applicants must meet certain judging criteria which is specified on the application.

The pageant is comprised of six age groups including Little Miss Division 1 (ages 4-6), Little Miss Division II (age 7-9), Little Miss Division III (ages 10-13), Junior Miss (ages 14-17), Miss (ages 17-22) and Senior Miss (age 55 and over).

For the Miss, Jr. Miss and Senior Miss contestants there is a talent competition and group talents are not accepted. The talent should be anything talent that has cultural relevance such as cultural photography, dancing, cooking, speaking, etc.

For more information on the Muscogee (Creek) Nation Scholarship Pageant, please contact Virginia Thomas at (918) 732-7839.

Exec. Order creates Council on Youth

by Angel Ellis MNN Senior Writer

OKMULGEE — An Executive Order was released from the Office of the Principal Chief which would create a Council on Youth. The order states, "There exists a multiplicity of needs for the youth of the Muscogee (Creek) Nation."

It also explains that the Muscogee (Creek) Nation has numerous offices/departments that serve one or more functions that address the needs of the youth of the Nation. A creation of a Council on Youth would address all the needs of the Muscogee (Creek) Nation youth and coordinate all the offices/departments that serve the Nation's youth.

SEE YOUTH - 2



Muscogee Nation News

Manager - Lucas Taylor
Editor - Rebecca Landsberry
Contributing Copy Editor - Kellen Bible
Graphic Design - Carla Brown
Graphic Design - Crystal Lumpkin
Advertising - Ruth Bible
Senior Writer - Angel Ellis
Feature Writer - Gerald Wofford
Sports Writer - Jason Salsman
Reporter - Starla Bush
Reporter - Joshua Slane

The Muscogee Nation News is the official publication of the Muscogee (Creek) Nation. Its purpose is to meet any possible need of the tribe and its citizens through the dissemination of information. Reprint permission is granted with credit to The Muscogee Nation News unless other copyrights are shown.

Circulation - Wilma Murphy

Editorial statements appearing in *The Muscogee Nation News*, guest columns and readers' letters reflect the opinion of the individual writer and not those of *The Muscogee Nation News*, its advisors nor the tribal administration. Editorials and letters must be signed by the individual writer and include a traceable address or phone number to be considered for publication.

Deadline for submissions to be considered for inclusion in the next edition is the third Friday of the previous month. The Muscogee Nation News reserves the right to edit all submissions for space, style and grammar. Receipt of submissions does not obligate The Muscogee Nation News in any regard.

The Muscogee Nation News is mailed First Class from Stigler, Okla., to all enrolled citizens' households upon request and proof of citizenship. Inquiries should be directed to the tribal communications department. Please include your tribal enrollment number with all correspondence. TO CHANGE OR SUBMIT AN ADDRESS, PLEASE CALL (918) 732-7720 or send e-mail to: wmurphy@muscogeenation-nsn.gov.



From the Office of the Principal Chief

Submitted Feb. 16, 2009

OKMULGEE — Hello fellow Creek citizens! I apologize for failure to provide timely newspaper articles,

as I have in the past. I would like to comment on the Extraordinary Session held Thurs., Feb. 12, 2009.

I attended last night's National Council's Extraordinary Session. This session was to introduce a piece of legislation to move the Health Systems from a Board of Directors to a

Division of the Administration.

This was accomplished by a vote of 10 in favor, nine against, and one abstention. The current Administration and Chief Beaver's Administration has been trying to make this transition for the last 14 years.

All other tribes operate their Health under the umbrella of their Administration such as Choctaws, Cherokees, Chickasaws, and Seminoles. We plan on hiring a nationally known director to manage our Health that the former CEO was so qualified, why did the National Council support my veto, unanimously? The veto stood Council and those hangovers. I hesitate getting into a discussion about taking seven years to build a

"If it was felt that the former CEO was so qualified, why did the National Council support my veto, unanimously? The veto stood with a vote of 25 to 0."

- Principal Chief A.D. Ellis



Systems in hopes of improving the health care provided to all Creek citizens. I will ask the National Council for even more monies to be

appropriated toward Health, to purchase better equipment and to increase personnel. Also, I want to tell all health employees not to worry about losing their jobs; I really feel the need to hire more health care employees.

Back to last night's Extraordinary Session, Mr. Alexander mentioned the Chief has vetoed many qualified people. I have a question. If it was felt with a vote of 25 to 0.

Also, it was mentioned, the Executive Office failed to secure a Tobacco Compact. Did Sam, Roger, George, Bill, etc., forget so soon? A year and a half ago, I took the best compact offered in Oklahoma to our National Council (4.30 tax) and they tore it to pieces. The Governor rejected their version and said forget it.

Due to this rejection by the former Council and those listed above, it has and will cost our Nation about 2.5 million more dollars per year under the new compact. Let's put the blame where it's proven to be, the former

new Casino which should have been finished in two years.

One might even mention, the Supreme Court cases where the National Council lost all cases. Let's even go back a little further, let's go back to the election of 2004 when Sam and Bill, both lost in the Principal Chief's primary race. That alone should speak for itself.

If someone wants to throw stones, then they should move from their glass house.

Quote of the Month:

"Fools live to regret their words, wise men regret their silence."

Youth

Continued from Page 1

Executive Order 09-03 is to be implemented for the creation of the Muscogee (Creek) Nation Council on Youth that will oversee the Muscogee (Creek) Nation policy, planning and development of programs and activities for the youth of the Nation.

The Principal Chief shall appoint members of the Council on Youth

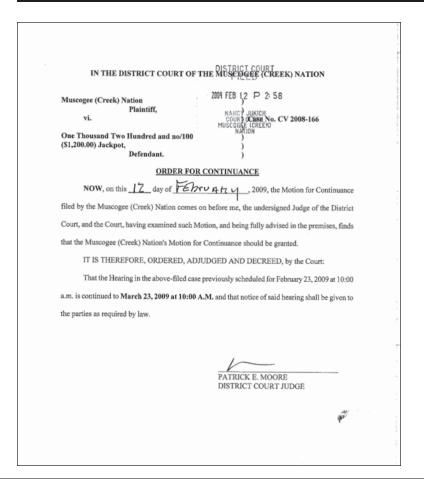
based upon their functions in service to the youth of the Nation. Members of the Muscogee (Creek) Nation who wish to participate in the Council on Youth's business may volunteer and serve as adjunct members by submitting a request in writing to the chairperson.

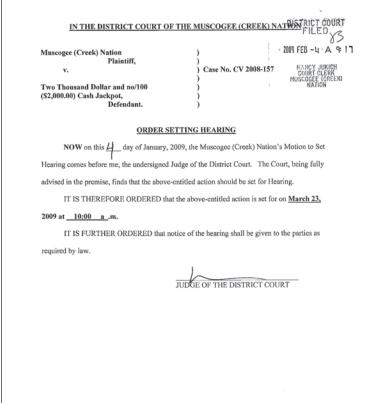
The power of this Council on Youth is to create policy for serving the needs of youth of all ages by coordinating and collaborative planning and development of programs and activities with a focus on those Muscogee (Creek) Nation functions already existing and funded; and to help create programs and activities that may be needed and request funding from the National Council to assist Muscogee (Creek) Nation youth in their journey to adulthood.

The Executive Order became

effective on Feb. 9, 2009 and shall remain in effect until revoked in writing by the Principal Chief. Copies of the Executive Order will soon be distributed to the National Council, Office of Administration, division directors, independent agencies, and Boards and Commissions within the organizational structure of the Muscogee (Creek) Nation.

Legal notices





NWHRC hosts HIV/ **AIDS** prevention

OKMULGEE — The National Women's Health Resource Center is hosting an intergenerational

approach to HIV/ prevention with Women Across the Lifespan training on Sat., March 7, 2009 and Sat., March 14, 2009.

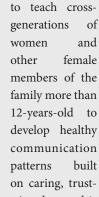
Each of the trainings will take place between 9

a.m., and 3 p.m., at the Okmulgee County Extension Office located at 1901 N. Oklahoma, at the Okmulgee Fairgrounds.

Eligible participants include American Indian women and girls ages 12-18 interested in attending training sessions regarding HIV/ AIDS prevention. A household may be defined as mother-daughter, grandmother-granddaughter and or aunt-niece living in the same house.

Those who participate will receive a mileage stipend (one per house hold please) and each participant must complete all sessions. At the end of training, each adult and girl will receive \$50 only after completion of the second day of training. If a mother and daughter complete the course, they would each receive \$50. If a mother and two daughters attend, then all three participants would receive \$50 each. Those enrolled in the training will also be served snacks and lunch.

The goal of the program is



ing relationships. Another goal is to equip women to give accurate information about their sexual health issues between other female members of the family 12 years and over by incorporating genderfocused, age specific, culturally competent and linguistically appropriate HIV/AIDS prevention information.

The goal of the NIWHRC is to recruit 40 individuals including 10 adult women and 30 girls ages 12-18. Interested applicants may contact Kimberley Chaffin at (918) 456-6094 ext. 112 or Janie Dibble at (918) 456-6094 ext. 103.

NIWHRC is also seeking assistance in recruiting participants. Interested parties may send contact information to Kimberley Chaffin at Kimberley@niwhrc. org. Prospective recruits will then be contacted by a staff member from the National Indian Women's Health Resource Center.

Nation closes \$195 million in Senior Credit Facilities

by Thompson Gouge MCN Public Relations

OKMULGEE — The Muscogee (Creek) Nation announced today that it had successfully closed \$195 million in Senior Credit Facilities.

The proceeds of the Senior Credit Facilities are being used to permanently finance the Nation's new River Spirit Casino, which is set to open March 31, 2009. The \$195 million transaction is one of only a few debt transactions done in the gaming industry during the worst credit crisis in modern American history. The Senior Credit Facilities are divided into two parts including a \$55 million revolving credit facility and a \$140 million

The Senior Credit Facilities, coled by Bank of America N.A., and Wells Fargo Bank, National Association, received strong participation from Key Bank, Bank of Oklahoma, Capital One, US Bank and Comercia, Merrill Lynch & Co., serves as the Nation's Capital Markets Advisor.

The successful structuring, syndication and closing of the Credit Facilities was made possible because of the efforts and dedication of the Muscogee (Creek) Nation's Principal Chief, A.D. Ellis, Speaker Thomas Yahola, 2nd Speaker Steve Bruner, First Assistant Attorney General Shannon Cozzoni, Chief of Staff Mike Flud, the Nation's Gaming Operations Authority Board and many others who spent countless hours with the banks, auditors, consultants and advisors.

The Muscogee (Creek) Nation is proud of its gaming operations and is pleased that this closing represents an important milestone in the multi-facility casino operations' development on successful contribution to the Nation's economic development and government. For more information, contact Shannon Cozzoni at (918) 295-9720.

Rally at state capitol for children's mental health

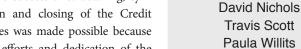
Media Release

OKLAHOMA CITY — The Oklahoma Federation of Families for Youth and Children's Mental Health will be hosting an awareness day at the Oklahoma State Capitol on Thurs., March 5, 2009 from 8 a.m. - 12 noon, located at 2300 N. Lincoln Blvd., in Oklahoma City.

Show your support for the Chil-

dren's Coordinated Budget Request and rally support for critical children and youth legislative issues at the Rotunda. The goal of the rally is to have families from every district represented.

Please R.S.V.P., to Oklahoma Federation of Families, Attn: Jamie, e-mail offcmh@aol.com, or call 866-837-9122.



Meetings: Thursday prior to Planning Session at 6 p.m., in the Council chambers.

Committee Meetings

Business / Governmental

Steve Bruner - Chairman

Pete Beaver - Vice-Chair

Larry Cahwee

Selina Jayne-Dornan

Tribal Affairs

Bill S. Fife - Chairman Sam Alexander - Vice-Chair David Hill Adam Jones Eddie LaGrone Carmin Tecumseh

Meetings: Third Tuesday at 5:30 p.m., in the Council chambers.

Human Development

Johnnie Greene - Chairman Darrell Proctor - Vice Chair Shirlene Ade Ron Cleghorn James Jennings Keeper Johnson

Meetings: 1st Monday at 7 p.m., in the Council chambers.

Community Services / Cultural

Cherrah Quiett - Chairman Roger Barnett- Vice Chair Terrie Anderson Robert Hufft Kara Medina Lena Wind

Meetings: Second Thursday of each month at 6:30 p.m., in the Council chambers.







Concharty to host annual wild onion dinner

OKMULGEE - Concharty United Methodist Church will host their annual wild onion dinner on Sat., March 28, 2009 from 11 a.m.

The church is located at 19040 Garfield Road in Okmulgee. Adults will be \$8.00 and children (12 and under) will be \$5.00. For more info call (918) 366-8450.

Little Cussetah to host annual wild onion dinner

SAPULPA — Little Cussetah Church will be hosting their annual wild onion dinner on Sat., March 21, 2009 from 11 to 3 p.m. Adults will be \$8.00 and children will be \$5.00 (per plate).

Weogufkee Indian Baptist hosts Indian taco sale

OKMULGEE — Weogufkee I.B.C., will host an Indian taco sale on Fri., Feb. 20 from 10-2 p.m., at the Human Development Building at the MCN complex. Tacos will be \$6.00 each and will include a dessert and drink. For more information, contact Della Proctor at (918) 732 - 7769.

MCNEM hosts annual storm-spotter training

OKMULGEE — Muscogee (Creek) Nation Emergency Management, Okmulgee County Emergency Management and the City of Okmulgee Emergency Management are teaming up again this year to host the annual stormspotter training.

The event will be held Mon., Feb. 23, 2009 at 7 p.m., at the MCN complex in the Mound Building. CLEET certification will also be given for law enforcement officials in attendance.

For more information, contact the Muscogee (Creek) Nation Emergency Management



JOM hosts tribal job fair for local 8th graders

MNN Senior Writer

OKMULGEE — Covelle Hall on the campus of the OSU Institute of Technology was filled with middle school students from all over Indian Country on Tues., Feb. 10.

The Muscogee (Creek) Nation Johnson O'Malley program hosted its annual middle school job fair which boasted a fantastic turnout including several schools including Okemah, Coweta, Mason, Dewar, and several

Chief A.D. Ellis, Second Chief Alfred Berryhill, Chief of Staff Mike Flud, Executive Director Claude Sumner spoke to the crowd about the importance of getting an education and preparing for the future.

In addition to the students some local organizations and companies attended the fair to share insight on career possibilities with the students. Various fields were represented such as health, law enforcement, nursing, visual communications, photography, cosmetology, journalism, and mili-

In order to encourage students to get the most information while attending the fair, JOM set up a system where students must visit each table



The equipment used by Lighthorse Police was a popular attraction for students attending the JOM job fair. Students were informed about law enforcement in addition to many other career opportunities in and around the Muscogee (Creek) Nation.

and ask a question from the representatives of various fields. Once they communicated with the representative, they obtained the signature from that person. Each student gathered a predetermined number of signatures in order to be eligible for prizes.

This system was a fun and encouraging way to help students break the ice and communicate with professionals in the working world. Each student who completed the signature challenge received numbered tickets.

No JOM event is complete without a little fun. Not only did the middle school crowd have a chance to see some exciting equipment used by law enforcement, but they also got an upclose-look at an actual Life Flight helicopter used by hospitals in the state.

Creek communities are encouraged to inform farmers in their areas and secure a space for them. The 35th Annual Muscogee

2009 Festival to add

OKMULGEE — The 2009

Interested parties may sell their

Muscogee (Creek) Nation Festival

home-grown produce to contact the

office of Tourism & Recreation to se-

cure a space at no cost. All chartered

Farmer's Market by Brian-On-The-Hill

MCN Tourism & Recreation

will include a Farmer's Market.

(Creek) Nation Festival will be held June 18-21, 2009. For more information, contact Brian On-The-Hill at Tourism & Recreation at (918) 732-

U.S. Census testing for Native employment

by Rebecca Landsberry MNN Editor

OKMULGEE - The US Census will be doing testing for parttime employment jobs.

The first available testing date will be Wed., February 18 beginning at noon. The second testing date will be Wed., March 4 at noon and both events will be held at the Okmulgee Indian Community Center.

There will also be testing on Tues., Feb. 24 at the Human Development Building on the complex of the Muscogee (Creek) Nation beginning at 11:30 a.m.

Applicants should provide two forms of ID such as a driver's license, social security card and or CDIB card. Areas of skill to be tested include clerical, reading comprehension and organizational skills.

Every year, more than \$300 billion in federal and state funds are allocated to tribes and states and communities based on census data. That's more than \$3 trillion over a 10-year period. For more information, contact Community Development at (918) 732-7963.

Tulsa Indian Club hosts 2009 Winter Dance

Media Release

Tulsa Indian Club

GLENPOOL — The Tulsa Indian Club will be hosting a Winter Dance on Sat., Feb. 28, 2009 at the Glenpool Indian Community Center located at 13839 S. Capser in Glenpool. The center is located next to the smoke shop on Hwy. 75.

Kelly Anquoe will emcee the event which will feature Gourd Dancing beginning at 2 p.m., with Grand Entry following at 7 p.m. Admission will be a \$2.00 donation.

Arts and crafts booths will also be available for \$25, however, there is

limited availability.

For more information on booths or the event, please contact Robert Anquoe at (918) 671 - 2417, visit: www.tulsapowwow.org, or e-mail tici@tulsapowwow.org.



It is requested that family members of Muscogee (Creek) soldiers Killed In Action during World War I, World War II, Korea and Vietnam kindly contact the Veterans Affairs Services Office (VASO) to provide the following:

- Name of Muscogee (Creek) Soldier
- Verification of Citizenship
- Killed In Action Verification
- Birth Date
- Service Branch Killed In Action Date

The Requested purpose of this information is to publicly honor and recognize our tribal soldiers in the Veterans Affairs Services Office (VASO) Memorial Courtyard. Please contact:

Shawn Taryole • (918) 732-7745 • staryole@muscogeenation-nsn.gov Ken Davis • (918) 732-7739 • kendavis@muscogeenation-nsn.gov P.O. Box 580 • Okmulgee, OK 74447



MFSI returning to Native roots

by Liz Gray-Gore
Mvskoke Food Sovereignty Initiative

TULSA — Tsyunhehkw is an Agricultural Community and Culturally based program of the Oneida Nation of Wisconsin. Based on a certified organic 83-acre site, their program is founded on self-sustainability and service for the Oneida Nation and the community.

They have three main components including agriculture, cannery and retail, however what they do means more than just providing food for their people and the local community.

To them, it means "sustenance," or a right to sustain one's self through what the earth has provided for them since the beginning of time.

It means, "medicine" because the spiritual and nutritional qualities in their foods can't be found in storebought vegetables, fruits or beef. It means having a sense of pride that comes from providing for themselves by growing, cultivating, harvesting what belongs to them.

Woven throughout all of these traits is also a sense of identity, because they are growing their traditional foods - corn, beans and squash and remembering who they are. These foods, which oral tradition tells them has been a gift from the Creator

since the beginning of their existence, was made to take care of them. This belief in the foods they grow today becomes a reflection of who they are.

Jeff Metoxen is the manager of the Tsyunhehkwa (joon hey-qwa "life sustenance") program. He will

be a speaker at the "Return to Your Roots" Food Sovereignty Conference being held in Okmulgee, Okla., on March 21, 2009, hosted by the Mvskoke Food Sovereignty Initiative and cosponsored by the Muscogee Creek Nation.

Tsyunhehkwa has a staff of 13 people who work with the community's needs and their goals. Jeff says he couldn't accomplish any of it without the support and help of the Oneida Nation, their community and friends.

The organization has two main goals which include growing food and educating people. Their mission statement reflects how much responsibility for the well-being of the Oneida people they hold, "Playing a pivotal role in the reintroduction of high quality, organically grown foods



Photos courtesy of Tsyunhehkwa

Pictured above is Jeff Metoxen who serves as the Oneida Nation of Wisconsin's manager of the Tsyunhehkwa Program and speaker at the 2009 "Return to Your Roots" Food Sovereignty Conference in March 2009.

that will ensure a healthier and more fulfilling life for the Onyoteaka, and being the facilitators of positive dietary and nutritional change."

Jeff will be the first to say that to understand the role and responsibility as a food producer one must hear a portion of their creation story. responsibilities, and that the Three Sisters were going to leave this world if the people continued in this way. The people recognized they had failed and began again to honor the Three Sisters in their ceremonies."

On their web site at: http://www.oneidanation.org/tsyunhehkwa, it ex-

perfect corn to dry and store for later use. It has a very strong hull so the hard wood ash is used to open the hull up and release the nutrients when it is prepared to eat. They've had it scientifically analyzed and found that the tradition of using wood ash increases the protein availability of the corn greatly.

"... the creation story tells us that the medicines are placed here for our sustenance. It is our responsibility to honor and acknowledge these spirits, which encourages them to continue with their appointed responsibilities." - Jeff Metoxen



Here is an excerpt of their information of the Creation story: When the humans had been created, Shukwayatisu instruct-

ed them that all that was needed for a good life was readily available to them. They would want for nothing, there was water food, medicines-everything needed to sustain them. All that was asked of the humans was to gather what was provided and give thanks.

Over time, the Oneidas failed to provide this recognition and ignored these responsibilities. A Seneca Prophet of the people named Handsome Lake told the people that "The Three Sisters" (the corn, beans and squash) wanted to leave this world because the people were not recognizing them in their ceremonies and giving thanks for all that they provided. Handsome Lake knew the children would go hungry, and everyone would have no food to live and strengthen their bodies. Handsome Lake explained to the people that they had forgotten their

plains that during their ceremonies they open with their Thanksgiving address:

"At that time all of creation is listening to make sure that we mention them, and provide them proper recognition. The people included the corn, beans and squash, and they have continued to stay with us. It is our responsibility to honor and acknowledge these spirits, which encourages them to continue with their appointed responsibilities."

Although they use modern farm equipment to plant the white corn of the Oneida's, Jeff explains that they hand harvest to keep the traditions alive. They braid the corn, which is another traditional process to dry the corn; weaving 65 ears together making a long braid of corn which is looped at the end. This helps the tradition process of drying the corn. "Our white corn isn't like sweet corn, it has to dry down," says Jeff. "We dry it over a few months until it bakes down to 12 percent moisture."

According to Jeff, their corn isn't made to eat right off of the field. It will turn to mush if cooked fresh. But it is a

It's another example that traditional food is healthier than modern food. This corn, having much less starch and a higher protein content than today's sweet corn, is better for the body.

"We have a challenge on how to get the information across. It is an encouragement role," says Jeff. "We are not here to tell the people what to do but a role of advising. Most people are not interested in giving up modern foods or eating at restaurants so we suggest mixing the traditional foods in with their daily lives."

Evidence has shown over and over that humans of all races were not designed to eat processed food.

"We are doing what we can here to share this information with our community. And that includes Native and non-Native people," says Jeff. "It's important to get this information out there. There is no set order or walls, our communities include everybody."

For more information on the "Return to Your Roots" Conference, go to www.mvskokefood.org or call (918) 756-5915. Jeff Metoxen can be reached at (920) 869-2141.

Sand Springs Indian Education hosts stomp

Community Calendar

SAND SPRINGS — Sand Springs Indian Education will be hosting a benefit stomp dance on Sat., Feb. 28 from 7 p.m., - 11 p.m., at the Clyde Boyd Middle School on 305 W. 35th St., (off Hwy. 97).

Fish Pond will be serving as the host ground and participants are asked to please bring their own chairs. Proceeds will benefit the Jerre Brokaw/Alice Kemp Memorial Scholarship Fund.

There will be a 50/50, cake walk, door prizes and concessions available. For more information, please contact the Indian Education Office at (918) 246 - 1583.

OIHC's "Love your heart" event

OKMULGEE — The Okmulgee Indian Health Center will host a "Love your heart" event from 11 a.m. - 1 p.m., at the Muscogee (Creek) Nation Senior Nutrition Center on Wed., Feb. 18.

The event will feature heart disease information, blood pressure screenings, healthy heart recipes, health record cards, door prizes and refreshments in honor of American Heart Month.

Heart disease affects many Muscogee (Creek) Nation citizens and is the leading cause of death for the Native American population. Don't be a statistic and learn how to prevent heart disease.

For more information, please contact Rebecca Stovall at the Okmulgee Indian Health Center by phone at (918) 756 - 0206.



IFESTYLES

BIRTHDAYS

Solomon L. Johnson Jr.
DRAPER, Utah, — Solomon L. Johnson Jr. celebrated

He is the son of Solomon L. Johnson, Sr. and Delores Fran-

He has one sibling Rachel Britt.

Grandparents are John Francoso and Virigina Gonzales and Cy and Rose Johnson.

He is of the Bird Clan.



BIRTHS

Mikeal Billie Russell

STILLWATER — Mikeal Billie Russell was born on Jan. 1, 2009 at Hillcrest Women's Health Center.

She weighted 8 pounds and 3 ounces and was 19 and 1/4 inches in length.

Her parents are Misty Billy and Bill Russell.

Maternal grandparents are David Billy and Carolyn Billy.

Paternal grandparents are Emma Russell and the late William "RED" Russell.

Maternal grandparents are Woodrow and Rhoda Burgess

and the late Rev. Frank and Annie Billy.

She is of the Deer Clan and of the Tallahasse Tribal Town.

ACCOMPLISHMENTS

Hayden Chase Hart

OWASSO — Hayden Chase Hart wrestled with the Future

Owasso Rams (FOR) program and won his first trophy at a tournament in Berryhill.

He also played football in the third grade Black Team in the (FOR) program. This was his first year in tackle football and he played end position on defense and tight end on offense. He also played soccer in the spring.

He is the son of Bradley and Shawna Spradling Hart.

His grandparents are Jack and Yvonne Haikey Spradling.

He is of the Bear Clan and the Cheyaha Tribal Town. His family home church is Haikey Chapel Methodist Church where his grandparents still attend. He is the great grandson of the late Jesse Louis (White Bear) Haikey, who was an original allottee, New Born 54.



OWASSO — Hunter Kane Hart recently graduated from the fifth grade at the Smith Elementary School in Owasso. During the gradua-

tion ceremonies, Hunter was recognized as an honor student, making straight As and was named as one of the top 10 athletes of the class.

He played basketball during the fall, winter and spring sessions and is looking forward to the coming year's season.

He played football in the future Owasso Rams youth program. He was a quarterback and tight end on offense and safety on defense for the sixth grade Silver Team and en-



joyed the experience.

He is the son of Bradley and Shawna Spradling Hart and the grandson of Jack and Yvonne Haikey Spradling of Broken Arrow.

He is the great-grandson of the late Jesse Louis (White Bear) Haikey, of Broken Arrow who was an original allottee, New Born 54. He is of the Bear Clan and the Cheyaha Tribal Town. His family home church is Haikey Chapel United Methodist Church where his grandparents still attend.

, *Jimmy Dan Asbury* TULSA — Jimmy Dan Asbury, a member of the Holdenville

Wolverines basketball team is pictured at right in a recent double overtime game versus Konowa.

He helped his team with their 57-54 victory by scoring 12

He is the son of Donnie and Angie Asbury, the grandson of Rachey Asbury of Wetumka and the late Frank Asbury. He has one uncle, Gary Asbury.

His younger brother, Jake, is a member of the junior high Wol-

Photo credit goes to Tom Turner, Holdenville News.

Lymhe Zediana
OKMULGEE — Lymhe Zediana celebrated his 10th birthday on Jan. 18, with a bowling party.

He is the son of Tyson and Lisa Strange and Eric Zediana and has two siblings Alec Strange

and Kaleigh Rae Strange.

Maternal grandparents are Mekko and Esther Bell. Maternal great-grandparents are late Lucille Bear (Berryhill) and late Harry and late Nettie Bell.

He is of the Skunk Clan and of the Kialegee Tribal Town.



Birthdays, Births & Special Announcements!

Birthday:		Birth:	39	Announcements:
Roll Number:		Roll Number:		Roll Number:
Phone Number: ()	0000000	Phone Number: ()		Phone Number: ()
Name:	_ ি	Name:		Name:
Address:	@	Address:		Address:e
Date of Birth:		Date of Birth:		Parents:
Theme of the party:		Name of Hospital:		Siblings:
Parents:		Weight: pounds ounces_		Maternal and Paternal grandparents:
Siblings:		Parents:	 	
Maternal and Paternal grandparents:		Siblings:		Maternal and Paternal great grandparents:
		Maternal and Paternal grandparents:		
Maternal and Paternal great grandparents:				Clan:
		Maternal and Paternal great grandparents	s:	Tribal Town:
School:			 	Please attach announcement
Clan:	_	Clan:	 	
Tribal Town:	_ o _	Tribal Town:	0 A	0 /
PLEASE SEND PHOTO(S) To: MCN Communications Dept. • P.O. Box 580 • Okmulgee, OK 74447				

Tulsa press conference aims to gain support for the elimination of Indian mascots

MNN Sports Reporter

TULSA — For Louis Gray, the issue of the terms "redskins" and "savages," when used as sports mascots, is pretty simple. It's racist.

"These terms are just like the n-word for us," Gray told a host of reporters at the Tulsa Press Club for a news conference to drum up support for the Oklahoma Anti-Discriminatory Mascots Act. "I just recoil every time I hear the words."

More than a dozen churches and civil rights groups joined Gray's group, the Tulsa Indian Coalition against Racism, at the conference on Jan. 30 to support the measure that is being introduced to the state by Sen. Judy Eason McIntyre as Senate Bill 765. The Act specifically refers to the terms "Savages" and "Redskins" as derogatory, but it could cover other names con-

sidered offensive to Native Ameri-

McIntyre, an African-American state senator, introduced a similar bill four years ago. That bill died in a Senate committee. Tulsa Union public schools have been the highestprofile school in the area to keep their "Redskin" mascot and have been at the center of attention when it comes to protests and debate. But Union district

markedly to the point where it's impossible for anyone to claim that any one definition or origin of the term is

Press Club

Tulsa Indian Coalition Against Racism President Louis Gray speaks to reporters gathered at the Tulsa Press Club for a news conference concerning Senate Bill 765, the Oklahoma Anti-Discriminatory Mascots Act. Gray and her organization are urging supporters to lobby their Senators, to ensure that the measure passes.

spokeswoman Gretchen Haas-Bethell believes that the term isn't necessarily specific to Indians.

"There are multiple interpretations of the historical meaning and roots of the word 'redskin," said Hass-Bethell. "Some of these histories vary

Other schools and universities in the state have changed mascots over the years, citing a desire to be sensitive to the issues that might seem offensive to Oklahoma's Native population. Northeastern State University athletic teams. located in Tahlequah in the heart of Cherokee country, are now the River-Hawks as opposed to the Redmen.

This name change was made official in May of 2006, even though the

> NCAA found the schools mascot name to be neither offensive nor abusive to Native Americans.

"We must be committed to the education and the dialogue that will end cultural inequities," said NSU President Dr. Larry Williams at the time of the change.

Southeastern Oklahoma State University teams in Durant are now the Savage Storm rather than the Savages. According to Haas-Bethell, Tulsa Union has no plans of changing it's mascot, but said the district is "always open to discussion concerning any issue that affects our schools or our students."

The TICAR also organized a Lobby Day at the

State Senate earlier this month on Feb. 4, for backers of SB 765 to urge their senators to support the measure.

For any additional information on how to support the Oklahoma Anti-Discriminatory Mascots Act visit www.ticarok.org.

OLD SCHOOL vs. NEW SCHOOL

What happened to the true power forward position in basketball?

by Gerald Wofford MNN Feature Writer

To answer this question is to first pose a question that needs to be answered before this, and that is "what has happened to the game of basketball itself?" Specifically, I am referring to professional basketball.

The college game has certainly been revolutionized, but has managed to stay true to its spirit by the sincerity of players giving it their all because of their love for the game. That is why you find most people that enjoy the college game more. I have to admit that I enjoy the pro game more, especially during the playoffs, that is the time when you do find players giving their all. Which leads back to the beginning of this column concerning the "true power forward" and his 'alleged' demise. The NBA misses the true power forward and that can be seen in the daily grind of a grueling weekly schedule, but this

can be especially seen during the time of the playoffs. The Los Angeles Lakers were defeated by the Boston Celtics, I'm proud to say, in the finals last June. Boston played a more "physical" game which is what teams need during their playoff run, hence the need for the true power forward.

Due to modern human engineering, physics, or whatever you want to call it, players today are fast, leaner and more sleek than their counterparts of only a decade ago. If you don't believe me take a look at Kevin Garnett, Dirk Nowitzki of today and Charles Barkley and Karl Malone back then.

So Whatever happened to the true power forward position? Oh his spirit still appears once in a while, especially during the playoffs in the sense of physical, tough, play, but he is gone, at least he is for now.

by Jason Salsman MNN Sports Reporter

Where have you gone to Karl Malone? Can you hear me Kevin McHale? Wes Unseld even? Where in the world is Charles Barkley? OK, you can find Charles Barkley, and it will probably be in a jail cell soon if he doesn't quit drinking and driving! What I mean is, where have these guys' style of play and their positions gone in the modern NBA game? It's crazy. These guys are Hall-of-Famers and they paved their way to basketball immortality with a hardnosed style and with their backs to the basket. They didn't shoot threes all game. If they had, they probably would have found themselves parked on the bench.

The "4" is history folks. Ironically, it hopped the pond and went to hide over in European basketball. Now, the only place you can find a power forward is in Venice or Madrid, not Boston or Utah. What have we been stuck with? Combo guards. That's right, combo guards. These freakish hybrids are 6'9" but can drain from long distance. People have the audacity to label Mavericks star Dirk Nowitzki a power forward. Somewhere Dennis Rodman is shaking his head. Nowitzki is softer than Charmin and they want to put the adjective power in front of his position? No way, I ain't buying it. So The Worm, The Mailman and their buddies will have to be a thing of the past for now. Bigger bodies are now more athletic and in tune with the fastpaced game. It's a cycle and it always happens in sports. But, it sure would be nice to see a few more bangers. Especially for a team that wants to win it all, they've always had at least one.

Sports Calendar

2009 annual All-Indian "Madness in March"

HENRYETTA — Basketball fans take heed. Look no further for your hoops fix. The annual all-Indian "Madness in March" basketball tournament is better than ever in

4Love of the Game organization's nationally renowned mecca of Indian roundball is about to celebrate its sixth birthday with some new twists and, as usual, some great basketball

Things get started on March 18 at the Henryetta Inn and Dome with the College Prep Day sponsored by Sterling University. Several colleges will be on hand as well as financial advisors and counselors distributing information on the college experience to the student-athletes.

In addition, strength and conditioning professional Mark Rozen will be on hand to test the athletes on their physical abilities and where they rank in regard to other teens across the country and the world. Highlighting the first day will be a trip to Oklahoma City to see the brand-new hometown NBA Thunder take on the Chicago Bulls. Only those athletes who fully participate in the College Prep Day will be allowed to attend the game.

The action heats up on the court on Thursday, March 19 with the beginning of pool play. Teams from Okla., Kansas, Iowa, Neb., S.D., and others will duke it out for tournament seed position. A new, out-of-state team to this year's event will be making its way to Henryetta all the way from Wyoming. The tournament will begin on Sat., March 21 with the Final Four and Championships to conclude on Sun., after the conclusion of church services in the afternoon.

Capping off the week will be the awards banquet immediately following the championship games. The event will once again be held at the Henryetta Civic Center and will be highlighted by tourney awards, and scholarship presentations.

"We can't stress enough how important it is to apply for the scholarships," said board member David Pascale. "It's just like giving away free money for college."

Also at the awards banquet eight boys and eight girls all-stars will be selected to attend the All-West Classic tournament in Denver to represent 4 Love of the Game.

The organization would also like to thank the Creek Nation administration and National Council for their continued support of the tournament and for having an invested interest in all Native American youth.

